METRO POLL

Readers say NDP hurt most by #Elbowgate

metroVIEWS

Vancouver metro

Your essential daily news | TUESDAY, MAY 24, 2016

High 18°C /Low 12°C Partly cloudy

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metroLIFE

Rise Women's Legal Centre executive director Kim Hawkins, left, and West Coast LEAF executive director Kasari Govender in their new clinic.

DAVID P. BALL/METRO

LAWYERING UP

Free women's legal clinic launches

metroNEWS

Fentanyl pushes heroin off streets

OVERDOSE DEATHS

Advocates sound alarm on takeover of potent synthetic opioid

For Hugh Lampkin, fentanyl's surge to all but replace heroin on the Vancouver drug scene calls to mind a curious image: a rainbow.

"Traditionally, heroin comes in about four different colours," said the longtime advocate, describing a bland palette of beiges, browns and blacks.

"Well now you're seeing multiple colours, like colours of the rainbow: green and pink and orange and white.... Right away, when you see these colours that's a pretty good indicator that it's fentanyl that you're doing."

As government data tracks a spike of fentanyl across Canada, people who use illicit drugs in Vancouver's Downtown Eastside say there is virtually no heroin left on the street after it has been pushed out by the cheaper and more potent fentanyl.

Martin Steward of the Western Aboriginal Harm Reduction Society said fentanyl's takeover is evident by how easily people are overdosing on small amounts of what is being sold as heroin and simply by people's physical response to the drug.

"I know people who use heroin, and they'll inject what they normally do. And the next time they'll do exactly the same thing of what they think is heroin, and they're out. Like, they're going under from it," Steward said in an interview.

"They're using the same thing, the same product, but getting a different result. That's a forerunner for me to see that it's not heroin."

There have been 256 fatal overdoses from illicit drugs in the first four months of this year, already more than half the 480 that occurred for all of 2015. Fentanyl's connection to those deaths has been surging at a staggering rate.

The B.C. Coroners Service reported last week that the presence of fentanyl in cases of illicit drug overdose deaths rose from a third in 2015 to nearly 50 per cent so far this year.

Speaking anecdotally, Lampkin said he doesn't believe anyone in Vancouver has used real heroin in more than a year and that many users don't appear to be aware of it. THE CANADIAN PRESS

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metro NEWS

Your essential daily news

Newborns of Idomeni: Refugee parents concerned for the future of kids born in camps. **World**

Boat People's families reflect after four decades

ANNIVERSARY

See parallels with Syrian refugees in relatives' tales

David Ball
Metro | Vancouver

In this 1978 photo, Vietnamese refugees scramble from a sinking boat which they beached in Malaysia. THE ASSOCIATED PRESS FILE

When University of British Columbia student Samantha Truong realized her family's wedding celebration had transformed into a reunion of more than 300 former Vietnamese refugees from around the globe, she immediately saw parallels to today's Syrian refugee crisis.

Almost all the guests attending the event Monday night were forced to flee their village, Móng Cái, in the late 1970s because of the Vietnam War. Because many travelled by rickety watercraft, they became known as the "Boat People." More than 100,000 of them were welcomed by Canadians four decades ago.

"It's really more of a village reunion, because everyone knew each other," the 21-year-old East Vancouver resident told Metro. "I got super-excited — it's a significant time to reflect on the last 40 years."

Truong's father was sponsored by a west side Vancouver family in 1979. His harrowing escape by wooden boat reminded her of today's Syrian exodus across the Mediterranean, which has claimed thousands of lives.

"My dad and his two brothers, three sisters, grandpa and grandma went on one boat," she said. "My auntie and her kids went on another boat. If one boat sank, which happened often, or if there were pirates, it would ensure that one boat made it to the destination."

The family was shipwrecked on an island, but eventually rescued by a passing ship.

> **They contributed so much back to the country.**
> Queenie Choo

"Their experiences impacted me, whether they know it or not," Truong said. "They remind me of the struggles they went through and how I can help, whether with Syrian refugees or other marginalized populations. To have resources like my parents had available for them is so important."

She isn't the only one who sees parallels between the Vietnamese Boat People and today's Syrian crisis. The same newcomer settlement agency that helped Truong's parents learn English and settle in Vancouver in 1979, SUCCESS, is doing the same for Syrians today — and its CEO said that controversy about Syrians bears some similarities.

"Not only were their situations very challenging and traumatizing," said Queenie Choo, "but back then some (Canadians) didn't want them to come for different reasons, such as worries they might cause a burden on society.

"But we also have long history of supporting refugees — starting with the Vietnamese Boat People — and asking what their needs are to integrate them into the community."

Choo said many of the Boat People became "amazing successes" in their new country, starting their own businesses, careers and families.

"They contributed so much back to the country, and many of them now have second-generation children who are very established," she said. "I find it's the same with recent Syrian refugees."

IN BRIEF

Sex assault bill passes

British Columbia is the second province after Ontario to require post-secondary institutions to have policies to prevent and respond to sexual violence.

The Sexual Violence and Misconduct Policy Act received royal assent on Thursday, less than a month after it was introduced in the legislature.

The legislation is based on a private-member's bill introduced by provincial Green Party Leader Andrew Weaver, who Premier Christy Clark vowed to work with pass the law. The bill will come into effect one year after royal assent, in order to give institutions time to create and establish policies with the input of students. THE CANADIAN PRESS

Saanich fire suspicious

Police say a large fire that ripped through a Saanich townhouse complex Sunday night has been deemed suspicious.

Sgt. Julie Fast with the Saanich Police Department said police and fire investigators are looking into the cause of fire at a development near the University Heights shopping mall.

The fire destroyed or damaged 10 occupied units and some units that were under construction, she said. No injuries were reported, but about 40 people were forced out. THE CANADIAN PRESS

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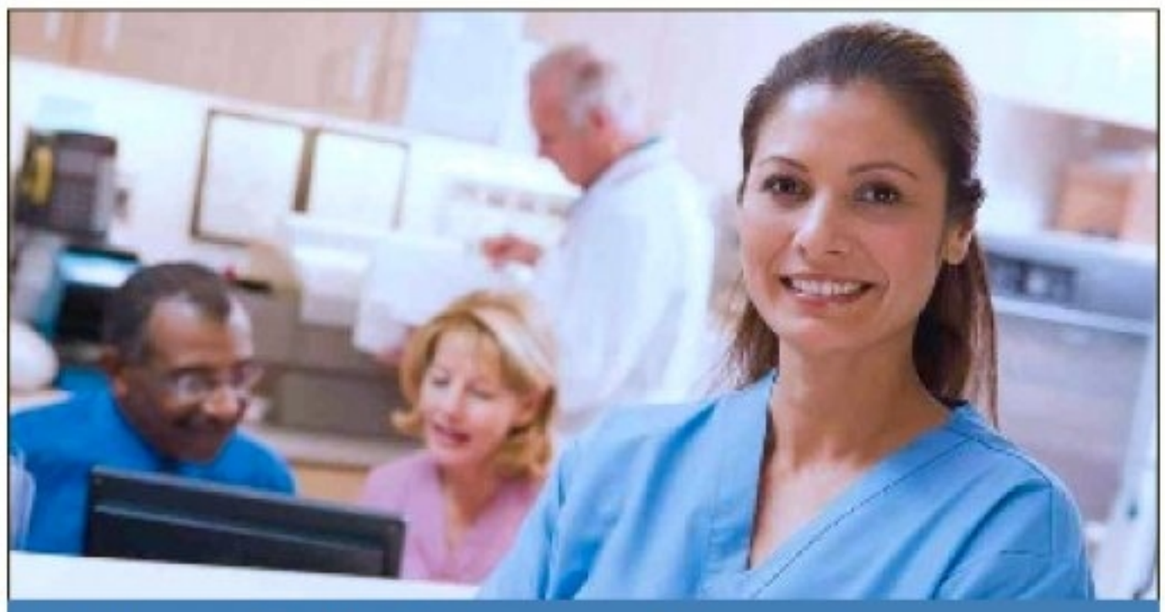

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Study reveals worst case climate change

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Research team sees temps rise by up to 9.5 C

Matt Kieltyka
Metro | Vancouver

Chevron Refinery in Burnaby, B.C. ERIC DREGER/THE CANADIAN PRESS

The unmitigated burning of Earth's remaining fossil fuels would cause global warming on a scale bigger than previously anticipated, according to a new study out of the University of Victoria.

Katarzyna Tokarska, a PhD student at the university, is the lead author of a new paper published Monday in the journal Nature Climate Change, "The climate response to five trillion tonnes of carbon."

She and her team — including other researchers from UVic, Simon Fraser University, the Canadian Centre of Climate Modelling and Analysis, and Environment and Climate Change Canada — set out to see what would happen if all of its estimated untapped fossil-fuel resources were burned.

They found that releasing five trillion tonnes of carbon emissions would cause average global temperatures to increase by between 6.4 to 9.5 degrees Celsius.

With the international community striving to keep global temperatures from rising less than 2 C from pre-industrial levels via the Paris accord, the outlined scenario is unlikely. But Tokarska said the findings are still valuable.

Previous modelling, including those used by the United Nation's Intergovernmental Panel on Climate Change, use projections that assume just two trillion tonnes of carbon would be released.

"It's relevant to know what would happen if we don't take action to mitigate climate change. It's a warning call," Tokarska told Metro.

WITH FILES FROM THE CANADIAN PRESS

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West Coast LEAF executive director Kasari Govender, left, and Rise Women's Legal Centre executive director Kim Hawkins and in their new clinic. DAVID P. BALL/METRO

Free women's legal clinic opens doors

LAW

Centre will fill a gap in legal representation for women

Dave P. Ball
Metro | Vancouver

Even before the Rise Women's Legal Centre opens its doors for the first time today, its lawyers' and law students' caseloads are already growing.

The free legal clinic is the first of its kind in B.C. since the province cut back legal aid funding by 40 per cent in 2002.

"Women have been severely disadvantaged by cuts to legal aid in the province," the centre's executive director Kim Hawkins told Metro on a tour of the facility. "Women, overall, are likely to have lower incomes, so it's harder for them to hire lawyers in the first place. And they're more likely to be the victims of family violence."

Public legal clinics are much more common in Ontario, which has more than 80 such centres including several specifically for women.

Although the province funds family court representation for many women, the number of hours is capped at 25 hours, after which they're either left to fight cases on their own, or enter mediation.

Located near the Broadway-City Hall Canada Line station, one of the city's busiest transit hubs, the clinic is anticipating most of its clients will be women struggling with family law; for instance, child custody cases, child support payments, or seeking urgent protection from abusive partners. A portion of intake appointments, offered Tuesdays and Wednesdays, will be reserved for such urgent cases.

The centre is the result of a partnership between the University of British Columbia's Allard School of Law — which will be supplying senior law students to work with clients — and West Coast Legal Education and Action Fund (LEAF).

"The need is too great for us to sit back any longer," West Coast LEAF's executive director Kasari Govender told Metro. In addition to offering legal advice, the clinic's two staff lawyers will represent selected clients in court, and hope to even launch test cases to challenge inequality on a broader level.

"This model we've developed builds our capacity to take on systemic cases that move forward equality for women," Govender said. "It really has the potential to change the law."

CYCLING

Long-awaited bike share program will be called Mobi

Vancouver has officially unveiled the name of its public bike share program and rolled out its first membership details.

The service will be called Mobi and the city plans to launch this summer with a total of 1,500 bikes at 150 stations scattered throughout Vancouver (the final locations are still being decided) by the end of the season.

At first, the bike share service area will only include the downtown peninsula between Arbutus and Main Streets up to 16th Avenue.

Early adopters will be able to buy discounted one-year memberships, which are on sale to the public now for $99 or $129 depending on the plan.

The city says those rates are nearly half the price they will be once the service is launched, and that the introductory rates are only available until June 30.

The service will be run by Vancouver Bike Share Inc., a subsidiary of Ottawa-based CycleHop.

More information is available at vancouverbikeshare.ca.

MATT KIELTYKA/METRO WITH FILES FROM THANDI FLETCHER/METRO

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Justin Trudeau and wife Sophie Gregoire Trudeau visit the Meiji Shrine in Tokyo on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

Trudeau in Japan

DIPLOMACY

PM to sit down with Shinzo Abe to talk business, security ties

Prime Minister Justin Trudeau will sit down with his Japanese counterpart Tuesday to discuss the countries' business ties as well as security co-operation before the Group of Seven summit later this week.

Trudeau's agenda for his meeting with Prime Minister Shinzo Abe includes issues like investment, education and trade, such as the huge 12-country treaty known as the Trans-Pacific Partnership. With hope of attracting business investment to Canada, Trudeau will also meet auto-sector executives, including the presidents of three automakers: Honda, Toyota and Subaru.

Trudeau and his wife, Sophie Gregoire Trudeau, will visit the Meiji Shrine and meet the emperor and empress of Japan before the prime minister sits down with Abe.

For his part, Abe is expected to raise a pressing subject for the Japanese: regional security.

Japan is deeply concerned about North Korea's recent nuclear tests and missile launches as well as an ongoing territorial dispute with China in the East China Sea and South China Sea.

Following their meeting in February, Foreign Affairs Minister Stephane Dion and his Japanese counterpart Fumio Kishida issued a statement reconfirming their commitment to maintaining a rules-based order in international maritime law.

Without naming China, they also said they opposed the use of intimidation, force or unilateral actions that seek to change the status quo in the Asia-Pacific.

Trudeau's Tokyo visit comes ahead of the G7 summit on Thursday and Friday in Ise-Shima.

THE CANADIAN PRESS

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A B.C. man is facing charges for allegedly impersonating a Fort McMurray evacuee and taking advantage of people trying to help, police say. AFP/GETTY IMAGES

Man charged in Fort McMurray fraud

CRIME

Assistance given to people thought to be wildfire victims

Police say a British Columbia man is facing charges for allegedly impersonating a Fort McMurray evacuee and taking advantage of people who were trying to help.

The RCMP says it received a complaint from Family and Community Support Services in Claresholm, Alta., about a man and woman suspected of pretending to be among the wildfire evacuees.

Police allege the man travelled to Claresholm and "took advantage" of people who thought they were helping wildfire victims.

They say Darryl Rondeau, 45, of Victoria, B.C., has been charged with fraud under $5,000.

Kieth Carlson, owner of Roy's Place restaurant in Claresholm, said he wasn't surprised when police contacted him about the case. He said he was suspicious not long after a woman came into the restaurant asking for a job. She said she had fled the flames in Fort McMurray with only the clothes on her back.

"I said, 'I'm looking for cooks,' and she claimed she knew how to cook," Carlson said.

"I said, 'Well, let's give you a job.'"

But he said when she returned later with her partner, she said she had a health issue, and the man was concerned that the stress she was going through might exacerbate it. She couldn't accept the job.

"When she didn't take the job and had a few excuses about everything, I just went, OK, they're not in that big of a need," Carlson said.

Despite his suspicions, Carlson invited the couple back to the restaurant that evening for a free meal. They ordered steaks, Carlson believes.

Carlson said they asked him to come out of the kitchen to thank him, but he sent word back to their table that he was busy and that it was no big deal.

RCMP allege the couple never actually lived in Fort McMurray and had no ties to Alberta. Police said while they were in Claresholm, townspeople provided them with a place to stay, clothes, meals and bought a pair of work boots.

THE CANADIAN PRESS

IN BRIEF

Displaced kids need more funding: Minister

The world must do more to educate children forced from their homes as it grapples with the epic level of humanitarian disaster unfolding across the globe, says Canada's development minister.

Marie-Claude Bibeau said Monday that too little of the already insufficient amount of global humanitarian assistance is being directed to educate children forced to flee their homes.

Unless more resources are redirected, more children will lose out, she said. THE CANADIAN PRESS

DEBIT CARDS

Alta. NDP criticized over transparency

Jeremy Simes
For Metro | Calgary

The Alberta NDP has been smoky about administration costs to dole out debit cards for Fort McMurray residents, leaving some wondering why they can't get answers.

Since end of day Wednesday, the government's $100-million relief program saw the expenditure of $73.1 million to assist 70,252 people, prompting Fort McMurray resident Frank Bayuk to question what will happen to the remainder and admin costs associated with the program.

The government, however, wouldn't provide figures on how much it has spent on the debit card program, even though it has outlined the associated costs for a contractor to roll it out.

John Archer, Government of Alberta media officer, said the government isn't in a position to tabulate or discuss admin costs as it's focused on delivering necessary services to those affected by the fire.

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Officer acquitted in Freddie Gray case

A police officer was acquitted of assault in the arrest of Freddie Gray. WIKIPEDIA.COM

COURT

Young black man suffered injuries in police van

A Baltimore officer was acquitted of assault and other charges Monday in the arrest of Freddie Gray, dealing prosecutors a second straight blow in their bid to hold police accountable for the black man's death from spinal injuries suffered in the back of a police van.

The judge who decided Officer Edward Nero's fate in the non-jury trial concluded Nero played little role in the arrest and wasn't responsible for the failure by police to buckle Gray in during the jolting ride.

Upon hearing the verdict, Nero hugged his attorney and appeared to wipe away a tear.

Nero, who is white, was the second of six officers charged in the racially combustible case to stand trial. The manslaughter case against Officer William Porter ended in a mistrial in December when the jury 592051 deadlocked. Prosecutors plan to retry him at some point.

The next case to go to trial is that of the van driver, who faces the most serious charge of all, second-degree murder. His case is set for June 6.

Grey died a week after his neck was broken during the ride while he was handcuffed and shackled but not belted in. His death triggered rioting, looting and arson in Baltimore, and his name became a rallying cry in the nationwide furor over the deaths of black men in clashes with police.

Nero, 30, waived his right to a jury trial, choosing to argue his case before Circuit Judge Barry Williams.

"The state's theory has been one of recklessness and negligence," the judge said. "There has been no evidence that the defendant intended for a crime to occur."

The assault charge carried up to 10 years in prison. Nero was also found not guilty of reckless endangerment and misconduct.

Nero remains on desk duty and faces a departmental investigation that could result in disciplinary action. THE ASSOCIATED PRESS

Farah Sheikh Ahmed, from Idlib, Syria, with baby Maram.

Wajdan Shalhob, from Daraa, Syria, with baby Faouaz.

Asmaa, from Damascus, and her baby Jana.

Rojin, from Qamishli, Syria, with her baby Beritan.

ALL PHOTOS THE ASSOCIATED PRESS

MIGRANT CRISIS

The newborns of Idomeni refugees

The women walked across the Syrian border into Turkey heavily pregnant, crossed the Aegean Sea in perilous journeys that risked their own lives and those of the babies they carried, because they dreamed of their children being born in a better world, in a peaceful, prosperous country in central or northern Europe.

But Balkan and European countries shut their borders earlier this year, leaving pregnant women among 54,000 people stranded in Greece.

Trapped by the closure of the Macedonian border, dozens of women have brought their children into the world in refugee camps in Greece, of which the largest is the sprawling, impromptu camp at Idomeni.

Uday was born on April 13. The entire first month of his life has been spent in the small tent his parents pitched in front of the Idomeni railway station, where his mother, 21-year-old Alia Mohamad, nurses him and struggles to quiet his constant crying.

"I don't know what his future is," said Mohamad, who fled with her husband from Aleppo in Syria and has been in Idomeni since Feb. 28. "What I think is that my child's future is lost."

According to the local hospital in the nearby town of Kilkis, 120 women staying at Idomeni have given birth at the hospital since the start of the year, while one gave birth in the camp itself and was then transferred to the hospital.

Despite pressure from Greek authorities for refugees to leave the sprawling Idomeni camp for organized refugee camps elsewhere, many of the women with very young infants are reluctant to move, fearing there will not be adequate care there for their babies. In Idomeni, volunteers and aid organizations have been delivering milk and other necessities.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news

PHILOSOPHER CAT by Jason Logan

ROSEMARY WESTWOOD
ON THE DOWNSIDES OF FAST FASHION

We routinely drape ourselves in relative cheapness. And it matters what you put against your skin. It matters where and how it was farmed, spun and woven, and how much the farmers and factory workers earned.

The hummingbirds almost look alive. Intricately stitched in blues, hovering near pansies shaded purple and orange. It is a delicate piece of embroidery — a point underlined by the quote above the work, etched into glass that blocks fingers from stroking the threads: "I do this work out of love for my craft. No amount of money could cover the labour involved." — Faustina Sumano Garcia.

Her blouse was, of course, paid for. The Royal Ontario Museum commissioned it for a recent exhibition, ¡Viva México! Clothing & Culture, which wrapped this past weekend. But the point is made: This is not fast-fashion handiwork. The blouse hangs beside blankets, tablecloths and dresses, all fabrics more properly deemed "textile art" in the exhibition literature. It took Garcia, an award-winning artist, "several" months to painstakingly hand embroider her piece in satin thread, we're told. And that makes it the antithesis of the fabrics we are surrounded by today.

VIVA CRAFTSMANSHIP With dozens of cheap garments, unlike the Mexican textiles on display at the ROM, we're settling for ugly and less-than-ethical clothes, Rosemary Westwood writes.
ROYAL ONTARIO MUSEUM

On your body now likely hangs something far less fine. Perhaps that makes sense. We're so used to owning a dozen of everything (dresses, pants, shoes) that it would seem wild to spend all that much on each item.

Certainly we aren't going to be forking out whatever the ROM did for a blouse whose maker deemed it literally priceless.

But that also means we routinely drape ourselves in relative cheapness. And it matters what you put against your skin. It matters how a fabric feels, whether it scratches, whether the fibres hold firm. It matters where and how it was farmed, spun and woven, and how much farmers and factory workers earned.

Aside from the ethical implications this brings up, which are many and important, the upshot is often ugly.

How frequently do you wander the aisles of an H&M or Zara and marvel at the fabric? All that is bright, printed and colourful is especially easy to discard for looking cheap. Prints lack depth, detail lacks precision. That leaves me living in monochromes — denim and blacks and greys that better hide their flaws, but which grow exceedingly dull.

It's probably too much to hope for that most people could afford quality. If we could, I'm sure we'd all sleep in silk sheets and never dream of donning polyester over cashmere. But I do wonder what it would be like to get dressed in the morning in fabrics that demand your respect. Respect for the process, for the craftsmanship, even a bit of adoration. Fast-fashion might give the illusion that we're looking good in whatever new top. But do we really? Or do we just look aspirational, and threadbare to boot.

A night mayor is a great dream for Vancouver

URBAN COMPASS
Petti Fong

Let's make room for one more mayor in this city.

This other mayor can still ride a bike, but won't need to worry about traffic congestion or where to find an office.

Noise complaints, parking infractions, development permits and event management are all duties for both mayors. The only difference is working hours. The night mayor is on the clock when it gets dark.

Like other urban professionals, Wilco van Bemmel chose Vancouver for familiar reasons. Five years after arriving from Europe, the economist, who specializes in sustainable cities, still marvels at the easy access to mountains. It was nature that drew him here — definitely not the nightlife.

When van Bemmel left his hometown of Amsterdam, the night mayor at the time in 2010 was a DJ. The night mayor now is Mirik Milan, who is often described as an influencer of the night.

The concept of a night mayor started as a lark in the dark in Rotterdam decades ago when an unofficial one, a poet named Jules Deelder, emerged as a representative of nightclubs, cultural gatherings and the nightlife in the city.

It was not a formal position and the daytime mayor was still the one in charge of the business of running Rotterdam.

There is now a Night Mayor Foundation which aims to professionalize the position. Paris and Zurich have night mayors and other cities are looking at doing the same.

"The night mayor also really wanted to make the downtown a place where creative people, even those without money, can host events and work on their art," van Bemmel says.

Here's a possible job description for the Vancouver night mayor. Look for places and spaces and use whatever means makes sense in those hours between 11 p.m. and 5 a.m. to allow people to create things and fill the emptiness.

Businesses that operate at night and events that happen after work hours are all things that can fall under the authority of the night mayor.

Van Bemmel would like the job. But he's willing to start smaller, and wants to organize a night crawl for those who don't want to go to bed at 10:30 p.m. and rage against all the rules about patios or when the last beer can be tapped.

To blend day into night and then into day again might finally rid our city of the idea that life here stops when it gets dark. That's just when the night mayor's job begins.

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Mayweather knocks out daughter's sweet 16: Drops seven figures on party, hires Drake to perform

The more you Knowles

Beyoncé's surprise visual album Lemonade has been a lightning rod for discussion since its April 23 release. The response is a credit to the complexity of the album, both musically and visually. After all, it's hard to imagine American feminist Bell Hooks writing an essay on, say, the new Ariana Grande album the way she did with Lemonade. Here, three professors who teach Beyoncé give us a crash course on Queen B. Welcome to the University of Bey. TORSTAR NEWS SERVICE

1 Melissa Avdeeff

Position: Sessional lecturer in the School of Music, University of Victoria

Course Name: Beyoncé

Course Description: With Beyoncé as a case study, the course looks at race, gender and sexuality in popular music.

Why B? Avdeeff, a contributor to The Beyoncé Effect, a forthcoming book of critical essays, was interested in how Beyoncé disrupts norms of gender and sexuality.

"She's a very feminine figure, a very sexual figure, but she's also very strong-willed and independent," Avdeeff says.

Life After Lemonade: Releasing Lemonade on HBO, Avdeeff says, gave the project a water-cooler cachet reminiscent of a bygone media era.

"Think back to the '50s in television," she says.

"Everyone watched the same three channels so the next day you're like, 'Hey, did you see such and such on TV?' That was an event.

"We haven't had any other cultural products that have had such extensive think pieces and discussion on this level."

2 Kevin Allred

Position: Adjunct lecturer in American studies, Rutgers University

Course Name: Politicizing Beyoncé

Course Description: This course compares and contrasts Beyoncé's music and videos with seminal work by black female writers.

Why B? Allred finds Beyoncé's music and videos contain multiple layers. He argues the theme of infidelity that runs through Lemonade, for example, is allegorical for "the promise of rights; the promise of life, liberty, the pursuit of happiness; and how that has not been the case in a lot of ways, especially for black women."

Life After Lemonade: Get in Formation indeed. Allred aligns the imagery and themes of Formation and the Formation Tour with previous pop culture "movements," such as Janet Jackson's Rhythm Nation. "It's creating a movement with the music," he says. "It's not just a tour."

3 Naila Keleta-Mae

Position: Assistant professor of theatre and performance, University of Waterloo

Course Name: Gender and Performance

Course Description: Viewing Beyoncé's 2013 self-titled visual album as a series of performances through the lens of feminist theory.

Why B? As a scholar specializing in performance, Keleta-Mae saw the music videos that accompanied Beyoncé as a unique opportunity to analyze a pop star's self-presentation. Keleta-Mae was also energized by the excerpt of writer Chimamanda Ngozi Adichie's TEDx talk We Should All Be Feminists on the song Flawless.

"Flawless' has competing ideas, that we should all be feminists and on the other hand the refrain is 'bow down b—s,'" Keleta-Mae says. "How do we reconcile both of those within the space of a four-minute video?"

Life After Lemonade: Keleta-Mae applauds Beyoncé for making the black female experience the spine of a major pop album, but balks at critics who feel Beyoncé isn't enough of an agitator. "People want her to be more feminist, to be more radical, to be less mainstream," she says. "What's lost in all that is that she is a mainstream pop artist. Historically mainstream artists haven't been the ones to upset the mainstream. Otherwise they won't continue to occupy that position of influence and power. The expectation that she would take on the kinds of stances that aren't mainstream to me makes no sense. If Beyoncé starts speaking about radical feminism then she is not Beyoncé anymore."

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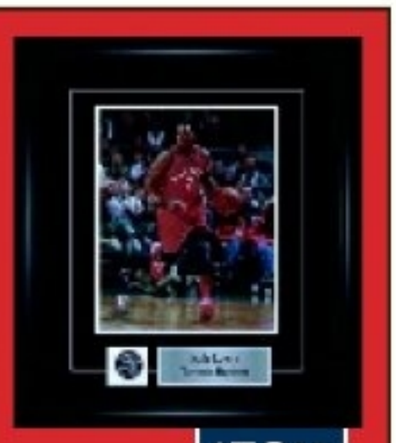

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MONEY MATTERS

You can't buy your blues away

Gail Vaz-Oxlade
For Metro Canada

Everyone enjoys the buzz of a new purchase, but if you're letting that buzz drive you to do things that will hurt you in the long run, it's time to make a change. ISTOCK

Ashleigh loves to complain that she doesn't have any money.

I've been trying to help her figure out where her cash is going, and how she's going to start building up an emergency fund, so that the next time she loses a shift at work she isn't thrown into a panic.

The first time I asked Ashleigh where her emergency money went, she told me that it had been a very stressful week at work.

When she walked past her favourite dress shop, she popped in to have a look to cheer herself up.

She spent $274 on a dress, a great jacket and a new scarf. She was quite proud, since the dress was 50 per cent off. She had the money in the bank. She'd just rebuild her emergency fund.

The second time Ashleigh dipped into her emergency fund, it was because she was exhausted. "I just needed some me time," she said, her eyes pleading with me to understand that it was a make-or-break thing. "I bust my ass. I deserve a spa day."

Ashleigh spends when she's stressed, when she's exhausted, when she's suffering a little dip in her self-esteem. She spends when she's happy. She spends when she's blue.

Ashleigh is an emotional spender. Are you one, too?

If you shed dollars when you're in the emotional rough, it's time to figure out what's triggering your spending. Hey, everyone enjoys the buzz of a new acquisition.

But if you're letting that buzz drive you to do things that will hurt you in the long run, you're the dog being wagged by your tail. Staying out of the stores is a good way to battle emotional spending.

Breathing alleviates stress, and it's free. So does walking, singing, watching a funny video, and myriad other stress-busters that don't involve spending money.

If you're pummeled with ads or you have an inbox full of sales from online stores, you're begging for trouble.

Nobody can face that much temptation and keep walking away. And when you're stressed or blue, your resistance is lowered so you're that much more likely to drop some money.

Get off those lists. Unsubscribe to catalogue mailings. Don't even open the email offers. Just move 'em to your junk file.

I'm not saying you can't ever impulsively get an ice cream. Just don't make that impulsive response your bridge over an emotional gully. If buying is how you fix your bad moods, you're getting into a disastrous habit.

For more money advice, visit Gail's website at gailvazoxlade.com

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UNJUNKING YOUR BODY

A detox, like a water or juice fast, is an excellent way to rid the body of stored toxins, but it is often difficult to abide by, and involves days or even weeks of feeling tired and sick. However, there are other ways.

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THE LIVER AND YOUR WAISTLINE

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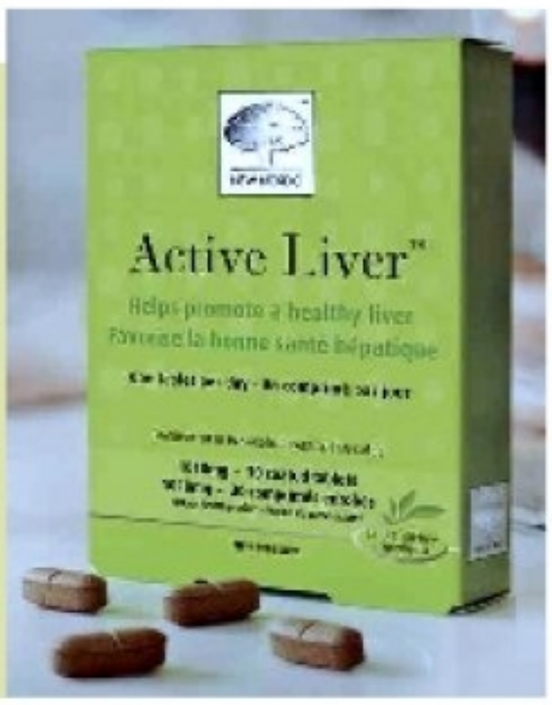

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YOU CAN DO THIS ENERGY ANALYST

'I enjoy creating a better world'

WHY I LIKE MY JOB

Chantal Sylvestre, 23, Energy Analyst at Energy@Work Inc.

I grew up on a farm and always felt connected to nature — so it only felt right to pursue a career that benefits the environment. I attended Humber College in Toronto, where I completed a three-year advanced diploma in sustainable energy and building technology. I spent some time volunteering and networking in the areas of environment, renewable energy and green building, which eventually led to a full time position.

My job is to convey information in a meaningful way to clients. I perform analysis on utility data to identify trends and opportunities for optimizing building performance, and have also conducted energy audits within commercial spaces to measure energy consumption, recommend conservation strategies and calculate potential savings.

Being an energy analyst is similar to being a storyteller; it takes inventive skills to understand what the data is trying to tell you and how to best share it with others. I enjoy creating a better world by conserving energy. When we reduce energy consumption, we also reduce pollution and conserve water, which is pivotal for sustainability.

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Milos Raonic advanced to the second round of the French Open with a 6-3, 6-2, 7-6 (5) win over Janko Tipsarevic Monday

Clawing their way back

RAPTORS
SERIES TIED 2-2

Lowry pours in 35 points in front of home crowd

GAME 4 In Toronto

105	99

On a night that marked the Toronto Raptors' most dramatic game of the post-season, they clawed their way back to tie up the NBA Eastern Conference final.

Kyle Lowry scored 35 points, while DeMar DeRozan added 32 in the Raptors' 105-99 victory over the Cleveland Cavaliers, two games after the Raptors had been all but written off.

DeMarre Carroll chipped in with 11 points, while Bismack Biyombo hauled down a game-high 14 rebounds.

LeBron James points had 29 to top Cleveland.

Backed by Lowry's sharp-shooting, the Raptors raced out to an 18-point first-half lead. But the Cavaliers, who'd made just three of their 22 three-point shots in the first half started hitting from long distance, and when Irving drained two straight, he pointed at Drake as he ran back upcourt.

The Raptors led 78-69 to start the fourth, but Channing Frye drained three straight threes, and when James scored on a driving layup with 8:20 left, the Cavaliers took their first lead of the game.

Toronto hit back with five straight points to take a three-point lead into the game's final three minutes. Irving drained a three, but a basket by DeRozan, and a couple of key rebounds, had the Raptors up by four with 42 seconds left.

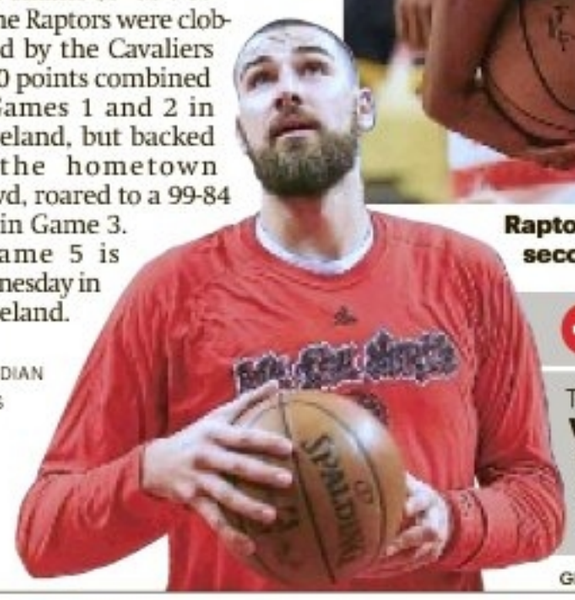
Lowry drove to the hoop for a basket with 23 seconds left, to the ear-splitting roar of the Air Canada Centre crowd, and Biyombo grabbed a rebound with five seconds to play. He was fouled on the play, but missed both free throws. The crowd didn't care — they saluted him with chants of "M-V-P!"

The Raptors were clobbered by the Cavaliers by 50 points combined in Games 1 and 2 in Cleveland, but backed by the hometown crowd, roared to a 99-84 win in Game 3.

Game 5 is Wednesday in Cleveland.

THE CANADIAN PRESS

Raptors centre Bismack Biyombo and guard DeMar DeRozan celebrate the last seconds of Game 4 on Monday night. FRANK GUNN/THE CANADIAN PRESS



GETTY IMAGES

THE RETURN OF JONAS

The Raptors added **Jonas Valanciunas** to their active roster Monday, but the centre sat on the bench for the entirety of Game 4. Valanciunas, who badly sprained his ankle in Game 3 of the Eastern Conference semifinals versus Miami, is averaging 15 points, 12.1 rebounds and 1.4 blocks in the playoffs.

NBA PLAYOFFS

Green plays the blame game

Draymond Green knows who is responsible for his kick to the groin of Thunder centre Steven Adams: Russell Westbrook and the rest of the NBA stars who get to the foul line with a whole lot of salesmanship.

Green's kick felled the seven-foot, 255-pound Adams during the second quarter of Golden State's Game 3 loss to Oklahoma City in the Western Conference final on Sunday night. Westbrook later said Green kicked Adams intentionally — and that didn't go over well with the Warriors' standout.

$25K

The NBA fined Green $25,000 for the kick.

"There are multiple plays where I did it later in the game when I got fouled and my right leg went up," Green said Monday. "I always do it. Russell said I did it on purpose, but he's part of the superstar group that started all this acting in the NBA."

Green was called for a Flagrant 1 foul. The league later upgraded the foul to a Flagrant 2.

The defending champion Warriors trail 2-1 in the series with Game 4 on Tuesday night.

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Little Joe has Sharks out in front in Western final

NHL PLAYOFFS

Pavelski pots two more as Blues crumble in Missouri

GAME 5 In St. Louis

Joe Pavelski scored two goals, including the go-ahead score in the opening minute of the third period, and the San Jose Sharks beat the St. Louis Blues 6-3 to take a 3-2 lead in the Western Conference final on Monday night.

Joel Ward also scored twice including one of two empty-netters in the final minute for San Jose, which can close it out at home on Wednesday night. The Sharks have never reached the Stanley Cup Final. Joe Thornton had three assists for the Sharks.

Pavelski leads the playoffs with 12 goals and has three two-goal games, one in each series. The Sharks' captain added an assist and is tied with teammate Logan Couture for the post-season points lead, each with a franchise-record 21 points.

Rookie Robby Fabbri scored and David Backes had an assist for St. Louis. Both were questionable coming off injuries in Game 4.

The Blues are just 4-6 at home in the post-season, and failed to hold leads of 2-1 and 3-2 in Game 5. They're 6-3 on the road.

The Sharks were 2-for-3 on the power play in the win.

Troy Brouwer batted in a rebound from midair for St. Louis and Ward also scored a similar goal for San Jose with his first of the game.

Brouwer leads St. Louis with eight goals in 19 games this post-season after totalling seven in his first 78 playoff games.

Pavelski was left alone in the slot on a power play at 18:33 of the second and beat Jake Allen to tie it at 3-3. He redirected Brent Burns' drive from the point 16 seconds into the third to put the Sharks in front to stay.

San Jose goalie Martin Jones allowed three goals on the Blues' first 13 shots, but stopped all seven shots in the third.

The Sharks scored first on Marc-Edouard Vlasic's first goal of the post-season from the point at 3:51 of the first period.

THE ASSOCIATED PRESS

Tomas Hertl jumps on the back of Joe Pavelski after the Sharks captain's third-period goal on Monday night in St. Louis. JAMIE SQUIRE/GETTY IMAGES

IN BRIEF

Darvish set to make first MLB start in nearly 2 years

Yu Darvish is line to make his first start Saturday for the Texas Rangers in nearly 22 months since having Tommy John surgery.

Darvish is expected to start for the Rangers in Saturday night's home game against Pittsburgh after five rehab outings this month.

Manager Jeff Banister said Monday that Darvish will start the middle game of that interleague series if he feels good.

Yu Darvish GETTY IMAGES

THE ASSOCIATED PRESS

FA Cup victory not enough to save Van Gaal

Replacing Alex Ferguson is proving harder than Manchester United could ever have imagined.

United is looking for its third manager since Ferguson's trophy-laden 26-year dynasty ended in 2013 after firing Louis van Gaal on Monday two days after winning the FA Cup but following months of uncertainty around his position.

Jose Mourinho is set to take over at Old Trafford as the latest coach attempting to revive the fortunes of England's biggest club.

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RECIPE Corn and Black Bean Cous Cous Salad

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

A hearty salad on its own or top it with grilled chicken for a quick and easy dish.

Ready in
Prep time: 15 minutes
Cook time: 10 minutes

Ingredients
- 1 package couscous
- 4 ears of corn, boiled
- 1 red bell pepper, cored, seeded and diced
- 1 can organic black beans, rinsed and drained
- ½ cup finely chopped red onion
- 1 cup crumbled feta cheese
- 1/3 cup cilantro, finely chopped

Dressing
- 1 tablespoons extra virgin olive oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/4 teaspoon salt

Directions

1. Cook couscous according to package directions. Bring a large pot of salted water to boil. Drop in corn. Allow to cook for 3 minutes, or until corn is tender. Remove from water and allow to cool. Cut corn kernals from cob.

2. Pour couscous into a larg mixing bowl and stir in corn, black beans, red bell pepper and feta. In a small bowl, whisk the olive oil, rice wine vinegar, lime juice and honey. Sprinkle in the salt and stir.

3. Pour dressing over salad and mix to coat cous cous. Stir in cilantro. Serve immediately or chill for one hour and serve cold.

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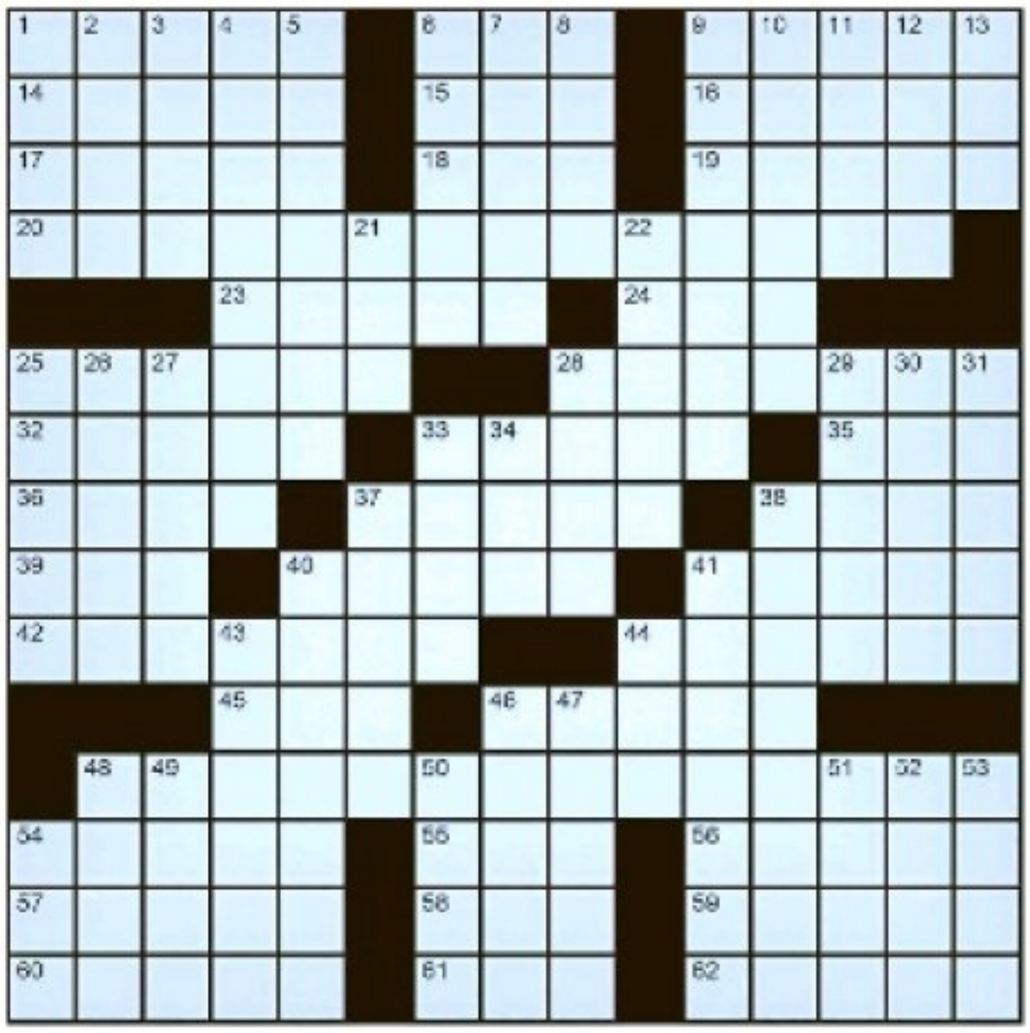
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Grates
6. "How naughty!"
9. Connivers
14. Basketball great Mr. Thomas
15. Sushi tuna
16. Montreal Olympics legend Ms. Comaneci
17. Motor scooters name
18. Aperitif, __ Royale
19. __ Dinner (Canadian food favourite)
20. 'Branta canadensis' for the Canada Goose: 2 wds.
23. Cheerful
24. Amazed reaction!
25. Wedding reception drinks offering: 2 wds.
28. Disney movie musical of 1992 starring Christian Bale
32. Neighbourhoods
33. Anthony of "The Guns of Navarone" (1961)
35. Make long grass short
36. "The __ Show" (Chuck Barris hosted 1970s show)
37. Scottish poet Robert
38. Shell
39. Star of ABC sitcom "Modern Family", __'Neill
40. The Power of Positive Thinking author, Norman Vincent __ (b.1898 - d. 1993)
41. Humphrey Bogart's nickname
42. __ populated (Like a large city)
44. __ contest (Show like #36-Across)
45. Mr. Linden
46. Domicile
48. Canadian standup comedian who famously appeared on #36-Across as his alter ego at #9-Down: 2 wds.
54. Dog: Latin
55. Cook's crack-ee
56. Wed, Vegas-style
57. Acid kind
58. Travel delay
59. More unique
60. Eucharist
61. Pastureland
62. Swashbuckler's prop

DOWN
1. Yukon's Porcupine, et al.
2. "Gimme _ _..." (Hold on...)
3. Yes x 2, in Madrid
4. Disguise worn by #9-Down: 2 wds.
5. Canadian singer Ms. Twain's
6. "_' Care of Business" by BTO
7. Worker's time to work
8. Opera's Dame _ Te Kanawa
9. As per #48-Across... The _ Comic
10. Canadian songstress Ms. McLachlan
11. Cheese variety
12. Abundant
13. Weekend day, wee-ly
21. Road's coat
22. Joel and Ethan of Hollywood
25. __ war (Battled)
26. Eat away
27. Mortise and __ (Carpentry joint)
28. Fourteen - five = What?
29. Picture
30. Reddish-rose dye
31. Sugary
33. Wharf
34. WWW address
37. Edward's beloved in 'Twilight' movies
38. Restaurant dish go-with: 2 wds.
40. Toronto's big airport
41. Pesters
43. Vigil vicinity
44. Unit of weight ...US-style
46. Pool nuisance
47. Like oversized clothing
48. Papa's wife
49. Segment
50. Holler!
51. Matador's victim
52. Secret agent, for short
53. "Happy Days" geek
54. Hat

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
In the next three weeks, you will notice more beauty in your surroundings. In addition, you will be aware of how much love there is in your daily world.

Taurus April 21 - May 21
Look for ways to boost your income in the next few weeks, because you can do this. You will want to buy beautiful things for yourself and for loved ones.

Gemini May 22 - June 21
Today Fair Venus moves into your sign to stay for the next three weeks. This means this is perhaps the best time of the year for you to buy wardrobe goodies.

Cancer June 22 - July 23
Clandestine love affairs and secret rendezvous will take place for many of you in the next few weeks. (Don't threaten a long-term relationship with a mere bonbon.)

Leo July 24 - Aug. 23
Friendships will warm up in the next few weeks. In fact, many of you will attract creative, artistic people to you. Expect a lovely, social time ahead.

Virgo Aug. 24 - Sept. 23
In the next few weeks, someone will ask for your creative input on form, design, layout, gardening, furniture arrangement — whatever. Relations with authority figures will be cozy as well.

Libra Sept. 24 - Oct. 23
Travel for pleasure will appeal to you in the month ahead. Grab every chance you can to expand your world and enjoy museums and the creative art of other cultures.

Scorpio Oct. 24 - Nov. 22
Keep your pockets open, because gifts, goodies and money from others will come your way in the next several weeks. Don't ask questions. Just say, "Thank you!"

Sagittarius Nov. 23 - Dec. 21
Venus opposite your sign for the next few weeks is one of the best times for warm friendships, marriages and close partnerships. Venus paves the way for a lovely give and take.

Capricorn Dec. 22 - Jan. 20
Praise, a raise and improved relations with co-workers will please you in the next few weeks. Even your health will feel improved.

Aquarius Jan. 21 - Feb. 19
Romance, love affairs, vacations, fun times at sports events and playful activities with children are tops on the menu for you in the next month. Aquarians are ready to play.

Pisces
Feb. 20 - March 20
You will love to redecorate your digs in the next several weeks. However, this is also a good time for real-estate possibilities and entertaining at home.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9		2		4		5	3	8
5	8						2	
7				8				4
			7		3			
2		1				3		9
			9		5			
8				3				1
	6						9	3
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FRIDAY'S ANSWERS

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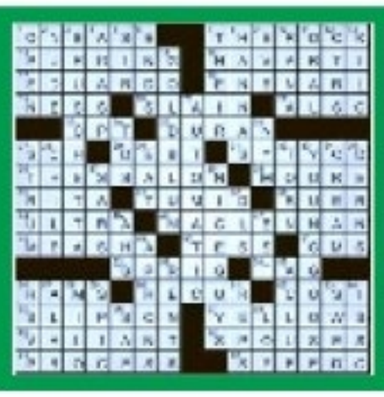

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7	3	4	5	1	9	8	6	2
8	7	9	4	6	2	5	1	3
3	1	5	8	9	7	6	2	4
4	6	2	1	5	3	7	9	8

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